

PED 114 : Yoga

An introduction to the fundamental theories and practices of hatha yoga with emphasis on yoga asanas (physical postures). Asanas help improve an individual's overall postural alignment and allow the body and all its systems to function more efficiently and become more resilient. The practice of yoga offers lifelong tools to increase self-awareness, strength, flexibility, endurance, and balance within the body all while reducing stress and increasing kinesthetic intelligence.

Credits 1